CDC: Tips from Former Smokers - Roosevelt (:30)

This program is presented by the Centers for Disease Control and Prevention.

[Roosevelt] My name is Roosevelt. I always thought that cigarette smoking just messed up your lungs. I never thought that, at only 45, it would give me a heart attack. I never thought that it would stop me from playing basketball with my kids. And I never thought that it would change my life forever. My tip is: Do your heart a favor and quit now.

[Announcer] Heart attack risk drops as soon as you quit. For free help, call 1-800-QUIT-NOW.

A message from the U.S. Department of Health and Human Services and CDC.

For the most accurate health information visit www.CDC.gov, or call 1-800-CDC-INFO.